

Policy Statement; Prescribing of Hormone Therapy for Transgender and Non-Binary Adults

Mid Essex Clinical Commissioning Group supports the prescribing of hormone therapy for transgender and non-binary adults

GPs can prescribe and monitor hormone therapy for transgender and non-binary adults as advised by a Gender Identity specialist. The monitoring of hormone therapy can be carried out safely in primary care without specialist input. Gender Identity Clinics should provide support to GPs requiring specialist input.

Please refer to the GMC's [guidance for doctors treating transgender patients](#) (link) issued March 2016 and NHS England's [guide to hormone therapy for trans people](#) for further guidance.

Typical drugs recommended by Gender Identity specialists include oestradiol preparations (e.g. transdermal oestradiol gels and patches, and oral oestradiol preparations), testosterone preparations (e.g. gels, and Sustanon® and Nebido® injection), gonadotropin releasing hormone analogues and depilatory agents (e.g. Vaniqa®).

The exception to this is depilatory agents which are not supported for prescribing in Mid Essex.

Recommendations

- Where possible prescribe a licensed hormone therapy preparation such as Sustanon®.
- If the dosage specified for a licensed hormone therapy medicine would not meet the patient's need, or the patient needs a medicine in a formulation that is not specified in an applicable license refer back to the specialist.
- Refer to separate prescribing policy for [depilatory agents](#) (link)

Providers commissioned to provide services on behalf of Mid-Essex CCG are reminded that they are required to follow the Mid-Essex CCG formulary and prescribing guidance as detailed in their contract (Medicines Management Service Specification).

See Mid-Essex CCG website – Medicines optimisation page for all prescribing guidance
<http://midessexccg.nhs.uk/your-health-services/medicines-optimisation>

Title	Hormone Therapy for Transgender and Non-Binary Adults Prescribing policy statement
Document reference	Trans hormone therapyPOL201606V1.0FINAL
References	NHS England Specialised Services Circular 22.04.2016 Primary Care Responsibilities in Prescribing and Monitoring Hormone Therapy for Transgender and Non-Binary Adults (updated) http://shsc.nhs.uk/wp-content/uploads/2016/04/SSC1620_GD-Prescribing.pdf
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Approved by	MMC
Date approved	June 2016
Next review date	June 2021

Previous version	New
-	New guidance